



Station	Ex.no.	Exercise	Level	Linked
Start				
1	22	serpentine	1	no
2	7	about turn right	1	no
3	33	spiral right-dog outside	2	no
4	55	run past jump	4	no
5	25	270 left	2	no
6	5	right turn	1	no
7	26	360 left	2	no
8	40	left about turn	3	no
9	10	360 right	1	no
10	6	left turn	1	no
11	58	moving backup-heel back 3 steps	5	no
12	9	270 right	1	no
13	45	loop around distractions	3	no
14	8	about turn left	1	no
15	35	weave through distractions	2	no
Finish				
Bonus	Bonus Ex 1	call front-side step right or left		